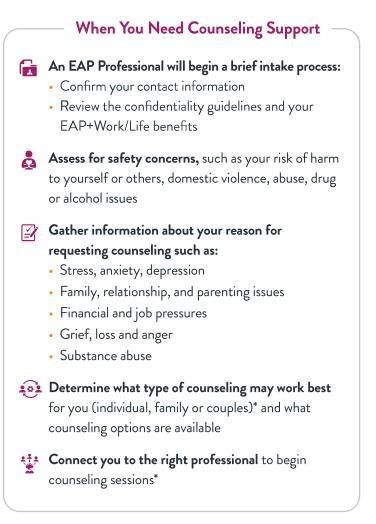
## Getting Help Is Easy! Here's What to Expect

Whether you need support to cope with a stressful issue or resources to make your work/life run more smoothly, Health Advocate's compassionate experts are standing to get you the help you need when you need it most. Here's what to expect when you reach out:



If you need a higher level of care than outpatient counseling, we will help you explore options.

## When You Need Work/Life Resources

- An EAP Work/Life specialist will gather information about your need for childcare, summer camps, after-school care, eldercare, special needs, legal or financial resources, relocation support and more
- **Find local resources** that meet your needs and check for availability
- Connect you to a legal or financial specialist for a telephone consultation, if needed

## Helping you no matter what

We're here for you for any issue, start to finish, every time to make your life happier, healthier, and easier. Our whole-person support extends to caring for the whole family. This means you, your spouse, dependent children, parents and parentsin-law can all use the Health Advocate services.

In a crisis, help is available 24/7.



## 866-799-2728

answers@HealthAdvocate.com HealthAdvocate.com/members



